

# Joint Base Journal

Vol. 2, No. 9

March 4, 2011

News and information for and about the premier  
Joint Base and its region

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JOINT BASE ANACOSTIA-BOLLING

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U.S. AIR FORCE PHOTO BY SENIOR AIRMAN SUSAN MORENO

Mia Williams, Joint Base Anacostia-Bolling (JBAB) Youth Center Part-Day Enrichment (PDE) program lead, helps a child complete a puzzle March 3 at the youth center. The PDE program offers individualized education plans for children 3-5 by helping develop cognitive, language, social and emotional as well as gross and fine motor skills. For more information or to sign up, call the youth center at 202-767-4403.

## Part-Day Enrichment Program for children offers social development

By SENIOR AIRMAN SUSAN MORENO  
JOINT BASE ANACOSTIA-BOLLING  
PUBLIC AFFAIRS

The Joint Base Anacostia-Bolling (JBAB) Youth Center offers a part-day enrichment (PDE) program for children age 3-5.

The program follows the traditional school year from September through May, and runs for three hours a day, with 4- and 5-year-olds meeting Mondays, Wednesdays and Fridays from 9 a.m.-noon and 3-year-olds meeting Tuesdays and Thursdays from 9 a.m.-noon.

The PDE program offers individualized educational plans implemented by trained staff that helps and supports children while they develop cognitive, language, social, emotional as well as gross and fine motor skills.

Typically, families who have at least one parent available to care for children during the day who cannot take advantage of the Child Development Centers on base benefit the most from the program.

"People may think this program is only about developing social skills, but it offers so much more," said Mia Williams, part-day enrichment program lead. "I can interact with a child in any area of the classroom, such as the block area, and from that I can teach them about social skills, math skills or

reading skills."

Williams said that the important thing to do is to build on what children are already interested in.

"I can talk to any of our girls about cars all day long, but if they have no interest in cars, it won't do any good," she said.

Williams explained that when the children currently enrolled first started, they all kept to themselves and were too shy to speak or interact with one another, but through interactive play and challenging learning scenarios, the children have gained a sense of confidence they may not have otherwise developed until after starting school.

A typical PDE classroom may be divided up into several areas, such as Dramatic Play, Library, Discovery Center, Blocks and Music.

Children also take field trips, or "walking trips," as the program leaders call them, to the bowling alley, the commissary, the police or fire stations, to name a few.

Children enrolled in the program may continue participating until they start kindergarten.

For more information about the PDE program or to sign up, call the JBAB Youth Center at 202-767-4003. Children who participate in the program must be fully potty-trained.

## USAF drill team the man in the middle for OKC Thunder military appreciation night

By AIRMAN 1ST CLASS  
TABITHA N. HAYNES  
AIR FORCE DISTRICT OF WASHINGTON  
PUBLIC AFFAIRS

Waiting patiently for the tip-off, the 12-man team is preparing - lacing shoes and warming up. They get into uniform, and it is almost time to start. Before heading out they pray, chant and get amped up for their performance.

This isn't just a group of service members; it is The U.S. Air Force Honor Guard drill team, and the team "crushed" yet another performance.

The USAF Honor Guard drill team was the halftime entertainment Feb. 15 for the Oklahoma City Thunder game versus the Sacramento Kings in Oklahoma City, Okla. The game served as an opportunity for the Thunder to honor service members around the world with a military appreciation night.

"It's amazing, but it's not just an honor to do a professional sporting event, but to represent the entire Air Force at any public venue. When people see us, all they see is the Air Force," said Tech. Sgt. Michael Doss, former flight chief and member of

the drill team.

For Sergeant Doss, the performance wasn't just another amazing opportunity earned - it was his last memory performing with the team he now calls his brothers.

"Drill team training is one of the toughest things I've ever had to go through," said Sergeant Doss. "I feel like that is one of the reasons why the members that make it through are so close."

In many ways the drill team is like any other professional level sports team. Some members spend 12 hours-a-day practicing and conditioning to assure that they are truly the best at what they do.

"It's gotten to the point where I don't get nervous despite the crowd, but with this being the last one, it was a little more emotional for me," said Sergeant Doss, reflecting on his experiences in front of crowds around the world. "Knowing that I would never be in that situation again really made me want to take it all in and keep that memory in my mind and picture it just the way it was."

Sergeant Doss has been in the honor



U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS TABITHA N. HAYNES

The U.S. Air Force Honor Guard drill team performs the halftime show Feb. 15 on the Oklahoma City Thunder court for military appreciation night. The drill team performs to represent the Airmen serving around the world.



# National Children's Dental Health Month commences

By STAFF SGT KARA SHORES,  
REGISTERED DENTAL HYGIENIST  
579TH DENTAL SQUADRON

Airman 1st Class Hannah Davis and Capt. Sarrah Armstrong visit with children at CDC 2 Feb. 28 to educate children about dental health for Children's Dental Health Month. (Courtesy photo)

February is Children's Dental Health month. CDHM is a month-long national observance in February sponsored by the American Dental Association. This campaign encourages parents, teachers and caregivers to make a lifetime commitment to healthy teeth and gums in children.

Members of the 579th Dental Squadron here on Joint Base Anacostia-Bolling visited CDC 2 Feb. 28 and will visit CDC 1 March 11 to educate more than 200 children from toddler to preschool age on brushing, flossing and healthy eating habits.

The following are a few commonly asked questions regarding children's dental health:

## When should my child start regular dental visits?

The American Dental Association recommends that the first dental visit should be within six months of the first tooth erupting, which happens between six months of age and the child's first birthday. You should begin cleansing your baby's mouth during the first few days after birth. After every feeding, wipe the baby's gums with a damp washcloth or gauze pad to remove plaque. When the first tooth erupts, parents should start with a very soft toothbrush with no toothpaste. Parents should introduce toothpaste when the

child learns to spit, around age 5.

## What is baby bottle decay?

Now called early childhood caries, 'baby bottle decay' refers to babies and toddlers who develop a pattern of cavities due to high-sugar diet. In most cases, treatment at such a young age will require sedation or general anesthesia in the operating room. To avoid ECC, parents should not allow a child to nurse or breast feed for long periods of time. Don't give a child a bottle with milk, formula, sugar water or fruit juice during naps or at bed time. Encourage children to drink from a cup by their first birthday and discourage frequent use of training (sippy) cups. Parents should always avoid giving sugary juices and soda in sippy cups. Help your children develop healthy eating habits early by choosing sensible and nutritious snacks.

## When should children brush their own teeth?

Young children don't have the manual dexterity to reach all the areas where plaque may accumulate, especially along the gums. Parents should help their children brush twice a day until about the age of 7. Flossing once a day is also important to reach tight spots between teeth.

Regular dental visits and a healthy diet with limited sugar round out the "no-cavity" plan for children. For more information about children's dental health, visit the American Dental Association website at [www.ADA.org](http://www.ADA.org) or by contacting the dental clinic at 202-404-5519.

# Federal pay freeze also impacts NAF employees

SAN ANTONIO (AFNS) — The recently implemented two-year pay freeze for federal employees applies to Department of Defense nonappropriated fund, or NAF, employees in crafts and trades and pay-banded pay schedules.

Under legislation signed in December 2010, the pay freeze impacts basic pay, special pay rates and cost-of-living allowances for nearly two million federal employees through Dec. 31, 2012. The pay freeze doesn't apply to performance awards, bonuses, performance pay adjustments, promotions, within grade increases or premium payments such as overtime pay.

Wage and salary surveys used to adjust federal pay will continue to be conducted as scheduled, and new wage schedules will be issued with no increase in hourly pay. Increases will not be authorized to existing special rates, and new special rate requests will not be approved except under special circumstances.

Based on a provision in public law, pay adjustments for crafts and trades may not be less than pay adjustments received by general schedule employees. Since there was no general increase for GS employees in January 2011, there was no adjustment for CT employees. CT wage schedules that were issued in fiscal 2011 will be rescinded. New wage schedules will be issued with no change in hourly pay.

The pay freeze policy may not apply to any increase that is required by a collective bargaining agreement that was already executed.

Unlike the nearly 150,000 federal civilian employees who are paid out of the federal appropriated fund budget, the 25,000 Air Force NAF employees are paid by money that is generated by NAF activities, such as Air Force clubs, bowling centers, golf courses and youth centers. These facilities provide a community environment for Air Force families to live, work and play.

For more information on the pay freeze, visit the Department of Defense Civilian Personnel Management Service website at [http://www.cpms.osd.mil/NAFPPO/NAFPPO\\_index.aspx](http://www.cpms.osd.mil/NAFPPO/NAFPPO_index.aspx). Specific questions may be directed to a local human resources office.

(Courtesy of Air Force Personnel, Services and Manpower Public Affairs)

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# Portraits in Women's History: Chief Master Sgt. Trae King

BY SENIOR AIRMAN SUSAN MORENO  
JOINT BASE ANACOSTIA-BOLLING PUBLIC AFFAIRS

Chief Master Sgt. Trae King, Joint Base Anacostia-Bolling senior enlisted leader, didn't get where she is today by accident.

No one would guess just by glancing at her official biographical photo, with her bright eyes and warm smile, that one of the recurring themes in Chief King's life has been 'pulling herself up by the bootstraps.'

Early on, her life was colored by loss. The Cleveland, Ohio, native lost her father at the age of 4, and her mother at the age of 15, and was raised by her aunt and grandmother. She has two sisters and one brother.

Immediately after she graduated from Shaker Heights High School in Cleveland, she had a choice to make—what to do with her life.

The choice she made put her on a path to hard-won success in the U.S. Air Force 26 years later.

"I originally became interested in the Air Force because of the recruiter I saw who had the sharpest-looking blues I've ever seen," she recalled. "It made me want to find out what he did and where I could sign up."

Chief King has spent the majority of her career as a personnelist, and overseas.

"It was a challenge at first, coming up in a predominantly male military as a woman and a minority, and rarely seeing any women with rank—it drove me to excel," she said. "Everything you do is scrutinized. It makes you strive for perfection."

She described the women she did come across as being rough around the edges, taking on some of the traits and mannerisms of the men they worked with. She also noted that all of her mentors and role models were men.

She wanted to be a successful, feminine woman in the Air Force, she said, all the way down to her leadership style, which she described as nurturing.

"I don't feel like I should be managing people by having a foot on their throat," she said.

Even as a mother, Chief King had to learn early on to be self-reliant. She raised her now-22-year-old daughter mostly as a single mother.

"It was hard because your career demands so much from you—you have to be physically fit, you have to give your time to volunteer in the community, you're expected to better yourself through education and earn your degree, and on top of all of that you have to be good at your job," she said. "I missed out on much of my daughter's life trying to make a better life for her."

"There are times when I look back and I remember going on two or three hours of sleep, surrounded by books on my bed, my daughter would be sick, I'd have no money in my pocket and I think to myself, 'How did I do it?'"

Not only is the chief a successful career woman and mother, she is also a published poet. She began seriously writing poetry while stationed in Incirlik, Turkey in 2003. In 2007, she had her first collection of poems, "B-Trae'd," published.

All-in-all, Chief King's story offers several valuable pearls of wisdom for women of younger generations to draw from—particularly on being self-reliant.

"All my life, it was just God and me. Me and my faith. I had to look internally to find the strength to get myself through those obstacles. I am who I am today because of my history."

Editor's note: March is Women's History Month. This is the first in a series of features throughout the month featuring accomplished women in the Joint Base Anacostia-Bolling community.

*The JBAB Women's History Month Committee is accepting nominations for 'JBAB's Woman of the Year'! Nominees may be any female member of the JBAB community. Submissions must be 100 words or less and must include the nominee's contact information. The top three submissions will be announced at the WHM luncheon 11 a.m. March 29 at the Bolling Club. The winner will be announced at the end of the event.*



U.S. AIR FORCE PHOTO BY SENIOR AIRMAN SUSAN MORENO

March is Women's History Month. Chief Master Sgt. Trae King, Joint Base Anacostia-Bolling senior enlisted leader, is the first in a series of features about accomplished women in the JBAB community that will run throughout the month of March.

## WOMEN'S HISTORY MONTH

JOINT BASE ANACOSTIA-BOLLING      WASHINGTON, DC

### Events

**JBAB Woman of the Year, 7-11 March**  
**Submissions - 100 words or less**  
**(All women eligible)**  
**ami.parrish@afncr.af.mil**

**Women's Memorial Tour**  
**16 March, 1000 hrs**  
**Transportation provided**  
**RSVP by 11 March**  
**kalefonda.swain@afncr.af.mil**  
**(202) 404-3252**

**Luncheon - 29 March, 1100 hrs**  
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## Joint Base Journal

JOINT BASE ANACOSTIA-BOLLING

WASHINGTON, D.C.

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The editorial content of Joint Base Journal is edited and approved by the Joint Base Anacostia-Bolling Public Affairs Office. Tenant commands and others are encouraged to submit news, high-quality photos and informational items for publication. All submitted content must be received by noon on the Friday prior to publication. E-mail submissions to [susan.moreno@afncr.af.mil](mailto:susan.moreno@afncr.af.mil).

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# Air Force leads the way as Green Power Partner

BY JENNIFER ELMORE

AIR FORCE CIVIL ENGINEER SUPPORT AGENCY

TYNDALL AIR FORCE BASE, Fla. (AFNS) — The Air Force is one of the nation's top purchasers of green power, according to the U.S. Environmental Protection Agency's Top 25 list of Green Power Partners released this month.

The Air Force is being recognized for its purchase and on-site production of 243.9 million kilowatt-hours of green power from U.S. renewable facilities built after 1997. The Air Force use of renewable energy ranks number one in the Department of Defense, number two in the federal government, and number 15 among 1,300 Green Power Partners including large corporations and municipalities such as Dallas and Houston. In addition, Air Force officials purchased 250 million kilowatt-hours of renewable energy from facilities built before 1997 for a total renewable usage of 493.9 million kilowatt-hours.

The EPA Green Power program only gives credit to renewable energy produced at U.S. facilities built after 1997.

"Green power" is defined by the partnership as electricity that is partially or entirely generated from environmentally preferable resources, such as solar, wind, geothermal, biogas, and low-impact biomass and hydro resources.

"The use of 243.9 million kilowatt-hours of green power is comparable to removing greenhouse gas emissions of nearly 33,497 cars or 21,261 homes a year," said Dick Fillman, an engineer who focuses

on renewable energy at the Air Force Facility Energy Center, located at the Air Force Civil Engineer Support Agency at Tyndall Air Force Base, Fla.

Air Force officials purchased less green power in 2010 than in years past, which actually signifies a step forward due to more renewable energy generation capacity on Air Force bases.

"In an ideal situation, we'd prefer to produce all renewable energy on-base eliminating the need to purchase it on the open market," said AFFEC Director Rick Stacey, "but we're not there yet."

The Air Force Infrastructure Energy Implementation Plan includes a three-tiered approach for achieving renewable energy goals. First, develop on-site renewable energy resources to the extent economically and technically feasible. Second, procure renewable power from off-site resources delivered over the power grid; and third, purchase renewable energy certificates if the renewable energy from on-base projects and commercial purchases falls short of the annual Air Force goal.

More than 6 percent of all facility energy used by the Air Force comes from green power sources which is more than the federally mandated renewable-energy goal of 5 percent by 2010.

In 2015, renewable energy is expected to make up more than 10 percent of all electricity used by the Air Force. Examples of Air Force renewable energy projects include: 14.2 megawatt photovoltaic solar array at Nellis AFB, Nev.; one megawatt photovoltaic solar array at Buckley AFB,

Colo.; 388 kilowatt photovoltaic thin-film integrated membrane roof on the base exchange at Luke AFB, Ariz.; 2.3 megawatt landfill gas generator at Hill AFB, Utah; 3.32 megawatt wind generation at E.E. Warren AFB, Wyo.; 400 kilowatt roof photovoltaic system at Los Angeles AFB, Calif.; 660 kilowatt photovoltaic at Fresno Air National Guard Base, Calif.; 500 kilowatt photovoltaic at Toledo ANGB, Ohio; and a 250 kilowatt wind generator at Tin City Long Range Radar Site, Alaska.

"Identifying potential renewable energy projects that represent a positive return on investment can be a time-consuming and detail-oriented process, but we're making great headway," said Ken Gray, AFFEC's Rates and Renewables Branch chief.

"We have seven new solar projects under construction right now including one at Camp Perry Air National Guard Base in Ohio capable of producing 60 percent of that installation's electrical needs," he said. "This year we expect to begin construction on at least a dozen more renewable energy projects including two new solar arrays in Arizona each larger than the 140-acre solar array at Nellis, which made news headlines as the largest array in the country a few years ago."

Air Force officials also plan to award contracts for wind and waste-to-energy projects this year.

Federal mandates require that 25 percent of Air Force facility energy use come from renewable energy sources by 2025.

## Humanitarian award deadline approaching

RANDOLPH AIR FORCE BASE, Texas (AFNS) — Airmen are reminded that the deadline for submitting nominations for the 2011 Zachary and Elizabeth Fisher Distinguished Civilian Humanitarian Award to the Air Force Personnel Center is April 16.

The Fisher Award is presented annually to an individual or organization outside the Department of Defense that has demonstrated exceptional patriotism, generosity and selfless dedication to the members of the United States armed forces and their families through an outstanding humanitarian act or service.

Each major command, field operating agency and direct reporting unit may submit one nomination.

Organizations and base-level personnel must contact their MAJCOM, FOA or DRU for applicable suspense dates and additional information regarding nomination procedures.

For more information, visit the Air Force personnel services website or call the Total Force Service Center at (800) 525-0102.

(Courtesy of Air Force Personnel, Services and Manpower Public Affairs)

## Think about the fundamental principles of mentorship

COMMENTARY BY COL. JAMES MINER  
AIR FORCE FORCE DEVELOPMENT OFFICE

WASHINGTON (AFNS) — Think back to when you were young and struggling to get accustomed to your new high school, and along comes the dreaded "finals week." Facing four or five major tests in a row, you broke out into a cold sweat.

But then you talked to an older sibling or friend who helped guide you through your study preparation and gave you some test-taking words of wisdom. Next thing you knew, you'd successfully gotten over that hurdle, and the next year, you were the one providing the sage advice. Simply put, you succeeded, and in turn, helped others succeed, thanks to mentorship.

This interactive process happens all the time — advice about how to buy a new car, how to write a good paper or how to cope with personal challenges — we all rely on mentorship to help us through life's ups and downs. We rely on mentorship to help us succeed.

For this reason, mentoring is a fundamental responsibility of Air Force leaders. Mentors ensure all individuals under their leadership are personally and professionally developed so they can achieve their personal and organizational goals and ultimately strengthen the overall mission of the Air Force. By sharing knowledge, experience, and wisdom, both formally and informally, mentors become a force multiplier and an integral part of developing our Airmen.

To help you get started, Air Force officials established a web-based mentor network in My Development Plan on the Air Force Portal. This easy to navigate network allows you, as a "mentee," to manage your career development and invite mentors to share in your individual mentorship experience. Your supervisor should be your primary mentor, but you can select additional mentors, as well.

Initiating the mentoring process is easy. A great tool is the Mentoring Plan found on the Air Force Portal in the Mentoring section of MyDP, located under the Education/Training/Force Development heading on the left-hand side of the page (MyDP > Mentoring > Related Documents > Mentoring Plan).

Schedule a meeting with your mentor, come with your mentoring plan filled in and use it to stimulate discussion. By covering mentoring expectations, career goals and indicators, competency proficiencies and measurable benchmarks, you'll find that much of the uncertainty about the road ahead, just like finals week, will not seem so looming.

But this is only the first step. Mentorship is not a one-time deal. Both sides of the mentoring relationship need to stay engaged with each other, sharing experiences and changes that will inevitably influence goals and milestones. In this manner, an enduring and trusting relationship can be built. A guiding principal here is open and honest dialogue, especially when discussing expectations and developing roadmaps to success. Mentors must challenge you, and not just tell you what to do.

Likewise, you must challenge your mentor to provide you with informed and factual information, as well as sage advice. Ultimately, successful mentoring makes both of you better Airmen and provides you with tools that will transcend specific issues and allow you to extend the learning to new situations.

Being able to adapt and cope with new stresses and situations is one of the foundations of being a resilient Airman. Since we've all achieved various levels of success and overcome many obstacles, what better way to help your wingman than to be a mentor.

## Virginia's First Lady speaks, thanks those serving the country at home

BY SENIOR AIRMAN  
STEELE C. G. BRITTON  
JOINT BASE ANACOSTIA BOLLING  
PUBLIC AFFAIRS

The First Lady of the Commonwealth of Virginia was the guest speaker at the Air Force Officers Wives' Club luncheon on Joint Base Anacostia-Bolling recently.

First Lady Maureen McDonnell, wife of Governor Robert F. McDonnell of Virginia, shared her experiences as a military wife, daughter, and mother as well as some life lessons with military wives in attendance.

"Thanks for all you do to support your husbands as they defend freedom and serve our country. The governor and I are so proud of the men and women in uniform and are honored that Virginia is home to the Pentagon and many great military bases," said Mrs. McDonnell.

First Lady McDonnell is the daughter of a former Marine, and the wife and mother to Army Soldiers. She shared her journey as a mother and never losing focus of being a good parent and family member.

"Like you, we love our kids and we want the best for them. We try to instill

in them the good lessons that we learned growing up like, work hard, be honest, dream big, set big goals, and most of all follow the 'golden rule'.

The First Lady of Virginia stressed the importance of caring for the families left to fill two roles while a military member is deployed to foreign land.

"I know from experience that the great people of our military perform best when they know their loved ones back home are being cared for," she said.

First Lady McDonnell thanked the AFOWC for the opportunity to speak and for their commitment to family and the military way of life. On behalf of the governor of Virginia, Mrs. McDonnell again expressed her sincere thanks to the men and women in uniform and the families who are by their side even though many miles may separate them when duty calls.

"We will do all that we can to make sure you have the support you need while your loved ones are away. We want our military community to know that we truly appreciate the immeasurable sacrifice for our commonwealth and our country that you do.

### Reduction in force mass briefing set for Wednesday

The Joint Base Anacostia-Bolling (JBAB) Military Personnel Flight (MPF) will hold two mass briefings at 9 a.m. and 1 p.m. March 9 in the Bolling Club Capital Ballroom regarding an upcoming officer reduction in force board and voluntary separation pay program.



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DISTRICT OF COLUMBIA  
**AIR NATIONAL GUARD**



# U.S. Air Force Honor Guard drill team performance

## DRILL

■ Continued from Page 1

guard for five years. Eight months after working with the colors flight and the Joint Services fly-away team he was told he would become a member of the drill team, and the rest is history.

"The trip as a whole was special. I've been with the drill team for four years now and I have poured my heart and soul into this team," said Sergeant Doss. "I have held every position you

can hold as an enlisted member, and for it all to culminate at a big venue with the greatest group of guys I had behind me - was perfect."

The team performed for the Thunder's sold out stadium of the 18,000 people.

"Maybe the best show of the night wasn't OKC's high-flying act on the floor, but the half-time show," said the OKC Thunder's official box score.

The team travels and participates in community relations events. They also compete against the other service's drill teams in the

annual Armed Services Drill Competition, which this year will be held at the Jefferson Memorial, April 9.

"It really was perfect with it being military appreciation night, and the crowd was great. They were loud and energetic," said Sergeant Doss.

After the game, as the drill team ate dinner and chatted around their tables, the roar of the team would occasionally silence the restaurant as the team saw the playbacks from their performance on the Fox Sports Network.

Tech. Sgt. Michael Doss, member of The U.S. Air Force Honor Guard drill team, completed his final performance with drill team.





# performs at Oklahoma City Thunder game

The U.S. Air Force Honor Guard drill team performs the halftime show Feb. 15 on the Oklahoma City Thunder court for military appreciation night. The drill team performs to represent the Airmen serving around the world.



U.S. Air Force Honor Guard drill team was cheered on by the Oklahoma City Thunder Cheerleaders Feb. 15 at the thunder stadium.



# J NOTES

Miscellaneous items related to your health, your career, your life and your community

### Self-help cameras available at JBAB Public Affairs

Self-help point-and-shoot cameras are available from Joint Base Anacostia-Bolling Public Affairs for check-out. For more information, call JBAB Public Affairs at 202-767-4781.

### Taxes brings H&R Block to Joint Base Andrews

Joint Base Andrews Army and Air Force Exchange Service is offering tax preparation services via an H&R Block concession stand through April 15. For more information, call 301-568-2154.

### Lifeguards needed for JBAB

Lifeguards, Lead Lifeguards and water safety instructors are needed for Joint Base Anacostia-Bolling. Visit our website at [www.cnic.navy.mil/ndw/About/Jobs/](http://www.cnic.navy.mil/ndw/About/Jobs/) for job description, salary and how to apply.

### Help wanted for AFOWC Thrift Shop

The Air Force Officers' Wives Club is seeking a manager and an assistant manager to help direct daily thrift shop operations on a part-time basis. The thrift shop is open Mondays, Wednesdays and Fridays from 10 a.m.-2 p.m.

Work hours are 9:30 a.m.-2:30 p.m. For more information or to apply, e-mail Deb Arquette at [resident@afowc.com](mailto:resident@afowc.com).

### AAFES fashion show

The JBAB Exchange is having a Spring/Summer Fashion Show March 5 at 1 p.m. We will be showcasing our new spring and summer fashions. If you are interested in participating please contact the Exchange at 202-562-3000 for more information.

### AAFES Starbucks now accepts Starbucks cards

Starbucks now offers the Starbucks card and has a new rewards program. Join My Starbucks Rewards by registering any card at [www.starbucks.com/rewards](http://www.starbucks.com/rewards) and use it to pay for coffee and treats, and watch you rewards grow. There are three different levels of rewards available, each offering a variety of incentives, including free drinks. Set up your card with auto-reload and guarantee your Star-earning power.

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# MWR at a glance

## ARTS & CRAFTS CENTER

BLDG. 4472  
202-767-4422

**SUPER YARD SALE & CRAFT SHOW**  
March 12 | 10 a.m.-2 p.m. | JBAB Exchange Parking Lot  
It's time for spring cleaning! Create space in your garage, attic or shed and make some money in the process!  
\$20 per space (includes one table and two chairs). Additional tables and chairs will be available for rent the day of the event.  
Registration will end Thursday, March 10 at 8 p.m. Set-up will begin at 8 a.m. March 12. Rain Date is set for March 19.

## AUTO HOBBY SHOP

Bldg. P8  
202-767-4571

**BASIC AUTO CARE CLASS**  
March 9 | 5-7:30 p.m. | \$20  
Come learn how to do a basic oil change, wiper blade replacement, flat tire repair and a few other basic auto care skills! There must be four people signed up for the class to take place.

## INFORMATION, TICKETS & TOURS (ITT)

Bldg. 4472 (Arts & Crafts Center)  
202-404-6576  
Open Tuesday-Saturday 9 a.m.-6 p.m.

**MOHEGAN SUN CASINO DAY TRIP**  
March 19 | 8 a.m.-11 p.m. | Poconos, Penn. | \$35  
Bus will depart from Fitness Center II, Bldg. 419 parking lot at 8 a.m. Time allotted for casino play is six hours. Bus will return around 11 p.m. Price includes: motor coach transportation, continental breakfast, \$30 free slot play and \$10 food coupon.

**RINGLING BROTHERS CIRCUS TICKETS**  
Purchase Ringling Brothers Circus Tickets Now at ITT!  
Lower level section seats - \$19 per person (regular \$30)  
Verizon Center Performance  
March 25-27 – must pre-purchase tickets by March 17  
Patriot Center Performances  
April 15-17 – must pre-purchase tickets by April 7  
April 23-24 – must pre-purchase tickets by April 14  
**KINGS DOMINION SEASON PASSES**  
Your 2011 Kings Dominion VIP Season Passes are now on sale at the JBAB ITT office! Passes are \$69, which includes free parking at the park.  
**DC UNITED HOME GAME TICKETS**  
Pre-purchase 2011 D.C. United Home Game Tickets at the ITT Office. Tickets must be purchased five business days prior to the game date. Tickets will be available for pick-up at the stadium will call booth. Prices Include:  
Mezzanine - \$45.50 (regular \$52+tax)  
VIP - \$34.75 (regular \$42+tax)  
Premium - \$26 (regular \$32+tax)  
Spectator - \$20.75 (regular \$23+tax)  
Ask your ITT Representative for more information on season ticket packages as well.  
**DISNEY MILITARY PROMOTION**  
Offer good through Sept. 28  
You can now pre-purchase 4-Day Park Hopper or 4-Day Base with water park for \$135.50 (regular price-\$304.59) or a 4-Day Park Hopper w/ Water Park for \$162 (regular price \$362.10).  
Tickets may NOT be used on the following dates: April 17-23, 2011 and July 4 at Magic Kingdom only.  
Ticket orders may take up to 15 business days.  
**FOXWOODS GREAT CEDAR CASINO HOTEL TRIP**  
May 25-27, | Mashantucket, Conn.  
Package Includes: bus transportation, room, two \$10 food credits or full buffet, one food credit or breakfast buffet, \$25 Keno Coupon and a 20 percent off discount at any Foxwoods Gift Shop with purchase of \$25 or more on Foxwoods souvenirs.  
Price per Person:  
Single- \$368 | Double- \$269 | Triple- \$247  
Final Payment due March 31, 2011

## JBAB Lent/Holy Week Schedule

### Catholic

**Ash Wednesday – March 9**  
11:30 a.m. Mass, Chapel Center  
7 p.m. Mass, Chapel Center  
**Fridays - March 11, 18, 25 & April 1, 8**  
Stations of the Cross and Soup Supper  
Chapel Center, 6 p.m.  
**April 15**  
Reconciliation Service, Chapel Center, 6 p.m.  
**April 16**  
Mass, Chapel Center, 5 p.m.  
Seder Blessing, Chapel Center, 6 p.m.  
**Palm Sunday - April 17**  
Mass, Chapel Center, 9:30 a.m.  
**Holy Thursday - April 21**  
Mass of the Lord's Supper,  
Chapel Center, 6 p.m.  
Eucharistic Adoration, Blessed Sacrament Room, 7:30 p.m.  
**Good Friday - April 22**  
Stations of the Cross, Chapel Two, noon  
The Lord's Passion, Chapel Center, 6 p.m.  
**Holy Saturday - April 23**  
Easter Vigil Mass, Chapel Center, 8 p.m.  
**Easter Sunday - April 24**  
Mass, Chapel Center, 9:30 a.m.

### Protestant

**Pancake Supper - March 8**  
Chapel Center - 6 p.m.  
**Ash Wednesday- March 9**  
Communion Service Chapel Two, noon  
**Thursdays March 10 thru April 21**  
Lenten Luncheons Chapel Center 11:30 a.m.  
**Palm Sunday- April 17**  
Images of Christ Service Chapel Two 10:45 a.m.  
Gospel Chapel Center 11:30  
**Good Friday- April 22**  
Chapel Two 6:30 a.m.  
**Easter Sunrise Service- April 24**  
Chapel Two 6:30 a.m.  
**Easter Sunday- April 24**  
Liturgical Chapel Two 10:45 a.m.  
Gospel Service Chapel Center 11:30 a.m.

## JBAB, Navy Yard tax centers open for business

BY SENIOR AIRMAN  
SUSAN MORENO  
JOINT BASE ANACOSTIA-BOLLING  
PUBLIC AFFAIRS

The Joint Base Anacostia-Bolling and Washington Navy Yard tax centers are open for business. The JBAB tax center days and hours of operation are be Mondays, Wednesdays and Fridays from 9 a.m.-3:30 p.m.; the WNY tax center days and hours of operation are Tuesdays and Thursdays from 9 a.m.-3:30 p.m. Both offices operate by appointment only. All taxpayers have until April 18 to file their tax returns and pay any tax due because Emancipation Day, a holiday observed in the District of

Columbia, falls on April 15 this year. Taxpayers requesting an extension will have until Oct. 17 to file their 2010 tax returns. For more information, call the JBAB tax center at 202-767-7599 or the WNY tax center 202-685-5580 or call Navy Lt. David Dziengowski at 202-685-5598.

## NAF employees eligible for new health incentive credit

SAN ANTONIO (AFNS) — Nonappropriated fund federal employees who participate in the NAF Department of Defense Health Benefits Program are now eligible to earn a health incentive credit. Beginning Jan. 1, health plan participants may earn a \$100 health incentive credit when they complete the Simple Steps to a Healthier Life online health assessment or complete a routine physical exam. Participating family members may also earn the credit. For a family of two the maximum credit is \$200, and for a family of three or more, the maximum credit is \$300. The credit will be automatically applied to the next deductible or co-insurance expense. Co-insurance is the percentage of the covered expenses paid after the calendar year deductibles are met. The incentive does not apply to co-pays. Any credit remaining at the end of the health plan year will roll over to the next year, for up to three years. To access the health assessment, visit [www.aetna.com](http://www.aetna.com) and log in to the Aetna Navigator by selecting "Member Log In." More details are available in the "Your Life, Your Health 2011 Health Benefits Program" open enrollment booklet. More information about NAF employee benefits can be found at <http://www.cpms.osd.mil/nafppo> or through a local human resource office. To apply for a NAF job, visit [www.NAFjobs.org](http://www.NAFjobs.org). For more information about other Air Force civilian jobs visit [www.afciviliancareers.com](http://www.afciviliancareers.com). (Courtesy of Air Force Personnel, Services and Manpower Public Affairs)

Flu shots available from 7:30 a.m. to 4 p.m. at the Bolling Clinic

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